

Full Report (All Nutrients) 01204, Cheese, parmesan, dry grated, reduced fat

Report Date: July 11, 2017 14:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 100g	1 tbsp 5g	1 oz 28.35g
Proximates							
Water	g	50.60	--	--	50.60	2.53	14.35
Energy	kcal	265	--	--	265	13	75
Energy	kJ	1111	--	--	1111	56	315
Protein	g	20.00	1	--	20.00	1.00	5.67
Total lipid (fat)	g	20.00	1	--	20.00	1.00	5.67
Ash 1	g	8.03	6	0.389	8.03	0.40	2.28
Carbohydrate, by difference	g	1.37	--	--	1.37	0.07	0.39
Fiber, total dietary	g	0.0	1	--	0.0	0.0	0.0
Sugars, total	g	0.00	1	--	0.00	0.00	0.00
Minerals							
Calcium, Ca 1	mg	1109	6	15.109	1109	55	314
Iron, Fe 1	mg	0.90	6	0.105	0.90	0.04	0.26
Magnesium, Mg 1	mg	38	6	1.376	38	2	11
Phosphorus, P 1	mg	729	6	10.001	729	36	207
Potassium, K 1	mg	125	6	17.696	125	6	35
Sodium, Na 1	mg	1529	6	51.778	1529	76	433
Zinc, Zn 1	mg	3.87	6	0.831	3.87	0.19	1.10
Copper, Cu 1	mg	0.238	6	0.064	0.238	0.012	0.067
Manganese, Mn 1	mg	0.085	6	0.015	0.085	0.004	0.024
Selenium, Se 1	µg	17.7	3	3.528	17.7	0.9	5.0
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0
Thiamin 1	mg	0.029	3	0.004	0.029	0.001	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 100g	1 tbsp 5g	1 oz 28.35g
Riboflavin 1	mg	0.486	3	0.014	0.486	0.024	0.138
Niacin 1	mg	0.114	3	0.008	0.114	0.006	0.032
Pantothenic acid 1	mg	0.325	2	--	0.325	0.016	0.092
Vitamin B-6 1	mg	0.049	3	0.003	0.049	0.002	0.014
Folate, total 1	µg	10	2	--	10	0	3
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	10	2	--	10	0	3
Folate, DFE	µg	10	--	--	10	0	3
Choline, total	mg	20.7	--	--	20.7	1.0	5.9
Vitamin B-12 1	µg	2.26	3	0.237	2.26	0.11	0.64
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	160	--	--	160	8	45
Retinol	µg	156	--	--	156	8	44
Carotene, beta	µg	51	--	--	51	3	14
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	605	--	--	605	30	172
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.17	--	--	0.17	0.01	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.4	0.0	0.1
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0.4	0.0	0.1
Vitamin D	IU	15	--	--	15	1	4
Vitamin K (phylloquinone)	µg	1.7	--	--	1.7	0.1	0.5
Lipids							
Fatty acids, total saturated	g	13.317	--	--	13.317	0.666	3.775
4:0	g	1.054	1	--	1.054	0.053	0.299
6:0	g	0.395	1	--	0.395	0.020	0.112
8:0	g	0.211	1	--	0.211	0.011	0.060
10:0	g	0.526	1	--	0.526	0.026	0.149
12:0	g	0.709	1	--	0.709	0.035	0.201
14:0	g	2.362	1	--	2.362	0.118	0.670

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 100g	1 tbsp 5g	1 oz 28.35g
16:0	g	5.653	1	--	5.653	0.283	1.603
18:0	g	1.868	1	--	1.868	0.093	0.530
Fatty acids, total monounsaturated	g	6.098	--	--	6.098	0.305	1.729
16:1 undifferentiated	g	0.320	1	--	0.320	0.016	0.091
18:1 undifferentiated	g	5.402	1	--	5.402	0.270	1.531
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.462	--	--	0.462	0.023	0.131
18:2 undifferentiated	g	0.221	1	--	0.221	0.011	0.063
18:3 undifferentiated	g	0.241	1	--	0.241	0.012	0.068
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol 1	mg	88	3	6.080	88	4	25
Amino Acids							
Tryptophan 2	g	0.240	--	--	0.240	0.012	0.068
Threonine 2	g	1.519	--	--	1.519	0.076	0.431
Isoleucine 2	g	1.200	--	--	1.200	0.060	0.340
Leucine 2	g	2.983	--	--	2.983	0.149	0.846
Lysine 2	g	2.459	--	--	2.459	0.123	0.697
Methionine 2	g	0.369	--	--	0.369	0.018	0.105
Cystine 2	g	0.028	--	--	0.028	0.001	0.008
Phenylalanine 2	g	1.604	--	--	1.604	0.080	0.455
Tyrosine 2	g	1.968	--	--	1.968	0.098	0.558
Valine 2	g	1.498	--	--	1.498	0.075	0.425
Arginine 2	g	1.324	--	--	1.324	0.066	0.375
Histidine 2	g	0.752	--	--	0.752	0.038	0.213
Alanine 2	g	0.956	--	--	0.956	0.048	0.271
Aspartic acid 2	g	1.963	--	--	1.963	0.098	0.557
Glutamic acid 2	g	7.279	--	--	7.279	0.364	2.064
Glycine 2	g	0.598	--	--	0.598	0.030	0.170

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 100g	1 tbsp 5g	1 oz 28.35g
Proline ²	g	3.231	--	--	3.231	0.162	0.916
Serine ²	g	1.614	--	--	1.614	0.081	0.458
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2a, 1999 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4a, 2001 Beltsville MD